



# ConditionCare: Diabetes

*You're not alone when fighting diabetes*

## Let our Nurse Coaches help you control your diabetes and live your best life

If you, or a covered family member, get diagnosed with diabetes or already have it, don't worry, you're not alone. ConditionCare can help. It's already part of your benefits, so there's no added cost to join.

Taking control of your blood sugar is key in avoiding major problems that can come when diabetes is not managed. You can work with our Nurse Coaches to try to keep your diabetes in check. Not only will you enjoy your best health, but health problems also can cost a lot. You could pay four times as much each year for your medical care if your diabetes leads to other major health issues.<sup>1</sup>

If you think you might have diabetes, see a doctor and start to treat it right away. If you have symptoms like these, ask your doctor to test your blood sugar:

- Urinate often
- Extreme hunger or thirst
- Abnormal weight loss or blurry vision

When you join ConditionCare, you'll get:

- 24-hour, toll-free access to a nurse to talk to about your health.
- Support from Nurse Coaches, pharmacists, dietitians, doctors and other health care workers to help you reach your health goals.
- Guides, newsletters and tools to help you learn more about diabetes and your health.

We may call to find out if ConditionCare can help you and ask you to sign up. To protect you, we'll check your address or date of birth before we talk about your health.

## Get started today

To learn more or to join ConditionCare, call us toll-free at **800-621-2232**.



<sup>1</sup> Coffey JT, Brandle M, Zhou H, et al. Valuing health-related quality of life in diabetes. *Diabetes Care*. 2002;25:2238-2243.

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MCASH3142CSI Rev. 12/11 F0002238